HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

The 1979 4-H Share-the-Fun schedule will be completed by early next week. Qualifying programs will be held during the last week in November with the County Share-the-Fun program being held in early December. American Federal Savings and Loan will be sponsoring Share-the-Fun for Appomattox 4-H'ers this year.

Congratulations to the 4-H Achievers Club whose members were the top fund raisers in the American Cancer Society's Bike-a-thon. The club members will receive a nice engraved trophy for their accomplishment in this worthwhile project.

* * *

We're in the process of judging Wildlife Feed Patches that were planted last spring. Ribbons for these will be awarded in late November. The top feed patches will receive special awards at the 4-H Awards Banquet in January. Sponsorship for the Feed Patch Program is provided by the Pamplin Ruritan Club.

Senior 4-H members are available to provide programs for civic and community groups. If your group would like a special program, please call the Extension Office and let us know.

Ever wonder what the most popular 4-H projects are in Appomattox? Among these are Dog Care, Wildlife, Foods and Nutrition, Woodworking and Clothing. Last years projects are being judged at this time. Ribbons will be awarded and projects returned later in November.

* * *

The month of November brings hunting season to Virginia. The word for all young hunters is safety. Some statistics include: Over 80% of all hunting accidents involve shotguns; most shooting victims are within 20 yards of the shooter and over 50% of all accidents involve hunters under age 25.

Lime Needs For Va. Crops, Lawns & Gardens

By G. D. McCart, VPI & SU
Extension Specialist,
Soil Fertility

Limestone is commonly needed and used in crop production in Virginia to reduce soil acidity and increase crop yields. When the soil pH is below 5.5, a marked response to lime can generally be expected for most crops, gardens and home grounds. Soil pH is a measurement shown on test reports to indicate the degree of acidity or alkalinity in soils. Soils in the eastern part of the United States are generally moderate to strongly acid unless they have been limed within the last five to ten years. Fields cropped to corn usually require more frequent liming than pasture boundaries. Intensity of cropping and fertilization practices influence the rate of acidification in soils. For example, the use of ammonium and urea forms of nitrogen for supplying nitrogen needs contributes to acidification of soils. Such sources of nitrogen make up a significant portion of the fertilizer market, which emphasizes the need for monitoring the lime needs of soils where these materials are being used.

The most favorable pH range for most crops and plants is 5.8 to 6.5. There are some exceptions. Legumes, such as clovers and alfalfa, grow best when the pH is in the near neutral range of 6.5 to 6.8. Some plants, such as blueberries and rhododendrons, grow best in strongly acid soils (pH 4.8 to 5.2). Such variations in pH requirements for crops and plants emphasize the need for soil testing to determine lime needs. The amount of lime needed by a specific soil for a particular crop or plant is determined by pH level, type of soil (clayey, loamy or sandy) and crop or plant to be grown.

The late summer and fall seasons are the best times to soil test and apply needed lime and /or fertilizer. These seasons are best because the soils are at the best moisture level (tillable) for sampling the VPI & SU Soil Testing Laboratory can provide rapid service; heavily loaded lime trucks do not mire down in muddy fields; soil compaction is less on drier soils; and the lime can be spread more uniformly. More uniformity and spread is possible because spreader trucks can maintain a uniform speed and direction of travel.

Start now to plan for next year by soil testing cropland, lawns and garden areas. Contact your County Extension Agent, Soil Conservation Service Representative, and ASCS Offices for sampling supplies and instructions for collecting representative soil samples.

Pamplin Eleme. School Menu

MONTH OF NOVEMBER

Mon., Nov. 5, Tomato Soup, Cheese Sandwich, Potato Chips, Orange Slices, and Milk.

Tues., Nov. 6, Spaghetti, Tossed Salad, Strawberry Short Cake, Biscuits, butter and milk.

Wed., Nov. 7, Chicken salad, Green beans, Whipped potatoes, Fruit, Rolls, Cookie, and milk.

Thurs., Nov. 8, Bologna, Sliced Tomatoes, Buttered cabbage, Bananas, Biscuits, Butter, and milk.

Fri., Nov. 9, Hot Dogs, French fries, Slaw, Fruit, Cookie, and milk.

Mon., Nov. 12, Grilled Cheese Sandwich, Turnip Greens, Potato Chips, Pineapple, Cookie and milk.

Tues., Nov. 13, Pizza, Buttered corn, Jello w/fruit, and milk.

Wed., Nov. 14, Sausage, Sliced tomatoes, Lima beans, Fruit, Biscuits, and milk.

Thurs., Nov. 15, Ham, Candied Sweet Potatoes, Green beans, Cake w/topping, Biscuits, Butter, and milk.

Fri., Nov. 16, Fish, Macaroni and Cheese, Slaw, Jello, Bread, Butter, and Milk.

Mon., Nov. 19, Hot Dogs, Buttered whole potatoes, Turnip Greens, Congo bars, Buns, and milk.

Tues., Nov. 20, Turkey w/dressing, Green Peas, Candied sweet potatoes, Tossed Salad, Rolls, Butter, and Milk.

Wed., Nov. 21, Chicken Noodle Soup, Peanut butter Sandwiches, Celery sticks, Orange, and Milk.

Happy Thanksgiving Day

Mon., Nov. 26, Tomato Soup, Bologna Sandwich, Sliced Peaches, Cookie, and Milk.

Tues., Nov. 27, Hamburgers, French Fries, Baked beans, Pineapple, Buns, and Milk.

Wed., Nov. 28, Pizza, Blackeye Peas, Slaw, Fruit, Peanuts,and Milk.

Thurs., Nov. 29, Corn Dogs, Lima Beans, Sliced Beets, Bananas, and Milk.

Fri ., Nov. 30, Turkey roll w/gravy, Green beans, Sliced Tomatoes, Chocolate cake, Biscuits, Butter, and Milk.

Eating Well

by Barbara L. Morlang, R.D., Ph.D.
Regional Public Health Nutrionist

The taking of vitamins in excess of accepted recommended allowances is practiced by some athletes. At present there are no valid data to show that excessive intake of vitamins will produce better athletic performance. Some vitamins cause toxic reactions when taken in large enough quantities. In fact, in 1971 vitamin supplements were listed as being the second largest cause of accidental poisoning of children.

Some of the vitamins taken by athletes in excess of the recommended amounts include: vitamins A, C, and the B-complex vitamins. For vitamin A, the margin of safety is small. The body does not excrete excess amounts of the vitamin, and any amount above the daily need is stored. The recommended daily allowance is 5,000 International Units per day, whereas toxic reactions have been produced at levels of 18,500 International Units per day. Vitamin C is necessary to make the "cementing" substance that helps to hold the body cells together, and which also aids in the formation of scar tissue. There is no evidence supporting the theory that it will prevent or minimize injuries. In some individuals, large intakes of vitamin C have been found to produce allergic reactions. Research data suggest that when vitamin C supplements are taken to excess the body reacts by setting up machinery to destroy the excess. Thereafter if the intake of vitamin C is dropped to normal levels the continued working of the machinery may bring about a deficiency, in other words, the body may become "hooked" and develop a need for an excess amount.

The B-complex vitamins including vitamin B-12 are necessary in many of the body reactions which make energy available. When the activity level is increased the need for these vitamins is also increased. However, researchers have concluded that there is no evidence that athletic performance is improved by additions of supplements.

All people require calories in order to perform their tasks. If each person were to eat a well-balanced diet, he would not need to take protein, vitamin or mineral supplements. Foods provide us with all the necessary nutrients.

Most Perfect Flue-Cured Tobacco Leaf To Be Selected

A contest is being held to select the widest, largest, and most perfect leaf of tobacco in the flue-cured area. The annual contest is being sponsored by the Southern Flue-cured Tobacco Festival and the Tobacco Farmer Show. The Southern Flue-cured Tobacco Festival is sponsored by the Greenville, North Carolina Chamber of Commerce and will be held in Greenville, North Carolina from November 7 through November 17.

The contest is open to entries from all of the flue-cured tobacco states and a total of fifteen entries will be accepted in the contest. Plaques and cash awards will be awarded to the growers of the top three leaves. Cash awards are $250 for first place, $150 for second place, and $100 for third place.

Virgnia will be allowed three entries in the contest. All leaves entered by growers in the state will be judged by personnel of the Virginia Department of Agriculture and Consumer Services and VPI and SU Extension Division in order to determine the state's three entries.

Each grower who wishes to enter the contest may enter a maxium of three leaves. Each leaf must come from a regular tobacco farm and be a variety accessible to all farmers. Leaves from test plots, test farms, or test varieties are not acceptable.

It is the responsibility of each entrant to have his leaves in the possession of his county Extension office by Thursday, October 25, 1979.

If a grower has questions concerning the contest, he may call his local Extension office or the Virgnia Department of Agriculture at (804) 572-4568.

Last year a Virginia grower, Mr. Lewis Gregory of Java, won the contest.

Virginia growers are encouraged to find that perfect leaf and enter this contest so that they can again prove that Virginia tobacco is the best.

Jason Justis Enjoys Birthday Celebration

Shown above are A. J. Skateworld are the friends who helped Jason Justis celebrate his 11th birthday. They are, front row, left to right: Timmy Mullins, Michael Martin, Brad Mann, April Watson, and William Watson.

On the back row, left to right are: Lisa Ferguson, Todd Thompson, Jody Thompson, and Jason Justis.

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2 Weekend REVIVAL

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FRIDAY, NOV. 2, AT 7:30 P. M.
TOPIC: "SATANIC SPECTACULAR OR PROOF OF GOD'S POWER?"

SATURDAY, NOV. 3, AT 11:15 A. M.
TOPIC: "I GIVE UP WHAT? — — SORRY ENOUGH TO QUIT?"

SATURDAY, NOV. 3, AT 7:30 P. M.
TOPIC: "THE KEYS OF THE KINGDOM"

TOPIC FOR WEEKEND OF NOV. 9 & 10 TO BE ANNOUNCED

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SPORTS

By Billy Conner

Raiders Down Liberty 28 - 0

The Raiders didn't beat Jefferson Forest but they did beat the team that beat Jefferson Forest when they shut out Liberty High School 28-0 here Friday night.

Darrell Schrock caught eight passes from Byron Roach for 96 yards and 2 touchdowns while the Raider defense led by Kenny Wayne Burks, Larry Kelso, Earnest Daye, William Scott, Steve Cobb and Kevin O'Brien stopped the Liberty offensive unit. The Minutemen had a minus 14 yards rushing on 29 carries and completed 6 of 13 pass attempts for 79 yards.

Terry Woods got the show on the road in the first period with a 7 yard touchdown run then booted the extra point to put the Raiders out in front by 7. In the second quarter, Schrock quickly put up his two scores on passes of 3 and 29 yards with Woods again kicking the PAT. Also in the second period Mark Kelso scampered into the end zone from the 11, Woods converted and that was all the scoring for the night. Raiders 28 Minutemen 0.

Kelso was the leading ball carrier for Appomattox with 92 yards on 8 carries.

Liberty	0	0	0	0-0
Appomattox	7	21	0	0-28

SCORING:
Woods 7 run (Woods kick)
Schrock 3 pass from Roach (Woods kick)
Schrock 29 pass from Roach (Woods kick)
Kelso 11 run (Woods kick)
Raider Statistics:
First downs 18, Rushing 47 - 254 yards, Passing 10-15-1 - 180 yards

photo by Dan Herncall

THE "MITES" football team of the Appomattox Youth Association is shown in photo above. Players and coaches are, front row, left to right, Lance Chenault, Cavil Baldwin, Leroy Woolridge, Sylvester Wesley, Earl Archer, Sidney Abernathy, Randell Ferguson, Patrick Lair, Tenny Ferguson, Mike Mann, Jeffrey Gafford, Denny Drinkard, Jeff Kendricks, and Edward Martin; on the second row, left to right, Warren Taylor, Chip Herncall, Tynon Gafford, David Fedison, Jeff Williams, Johnny White, Jacab Snipes, Greg Hamlett, Wilson Randolph, Steve Maddox, Chris Ranson, and Mike Driskill; on the third row, left to right, Bob Stratton, Chris Sams, Ken Hutson, Keith Garrett, Brian Dickerson, Wilber Steeples, Ben Mann, Van Burke, Daniel Eagle, Leon Lawin, Sam Scruggs, Jason Ford, and Dennis Scott; and on the back row, left to right, coaches are Dennis Drinkard, John Fedison, Herbert Hamlett and Lewis Driskill.

photo by Dan Herncall

THE APPOMATTOX MIDGETS football team of the Appomattox Youth Association is shown in photo above. Team members and coaches are, front row, left to right, David Jones William Garrett, Benny Beasley, Ricky Dickerson and Jeff Motley, Darrell Conner, Stan Slagle, Bradley Mann and Donald Bryant; second row, left to right, John Humbles, Ivor Totty, Jonathan White, Craig Ranson, John Fedison, Jeff Scruggs, Andre McCoy, Anthony Kelso, and Michael Maddox; on the third row, left to right, Russell Hudson, Barry Phelps, Timmy Mullins, Keith Fanney, Michael Martin, Russell Walton, Jeff Williams, Elizah Goode, Tracy Tweedy, and Larry Harris; and on back row, left to right, coaches Dan Herncall, Tandy Harris, Raymond Mullins and Sam Scruggs.

Jayvees Turn Back Liberty 20 - 0

In the battle of the undefeated Seminole District Jayvee Football teams, the Raiders came out on top last Thursday 20 - 0 over Liberty and finished their season without a district loss.

They have one game remaining, a non-district contest with Buckingham.

Pete McIvor put the Raiders out in front in the second quarter with an eighty yard run followed by an eighty-five yard punt return moments later. Dennis Fleshman ran for the two point conversion after the second touchdown giving the Raiders a 14 - 0 halftime edge.

Raider quarterback Kevin Ferguson pushed over from the 3 in the fourth period for the final score of the game. The conversion try failed. McIvor, Fleshman, Alan Edmonds, Ferguson and Rodney Bryant combined for 171 yards rushing on 26 carries.

Tim Bennett, Charles Walker, Kevin Ferguson and Jeff Davis along with Bryant, Paulette and Robinson were tough on defense, and defense was the key to the Raider victory.

Mike Williams punted four times for a 39 yard average with Norman Turner and Rodney Bryant averaging 45 yards on kicks.

Appomattox	0	14	0	6-20
Liberty	0	0	0	0-0

SCORING: McIvor 80 run (run failed)
McIvor 85 punt return (Fleshman run)
Ferguson 3 run (run failed)

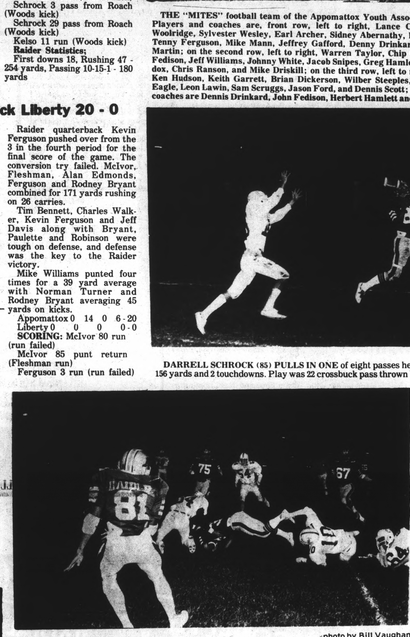

photo by Bill Vaughan

DARRELL SCHROCK (85) PULLS IN ONE of eight passes he caught Friday night for a total of 156 yards and 2 touchdowns. Play was 22 crossbuck pass thrown by Quarterback Byron Roach.

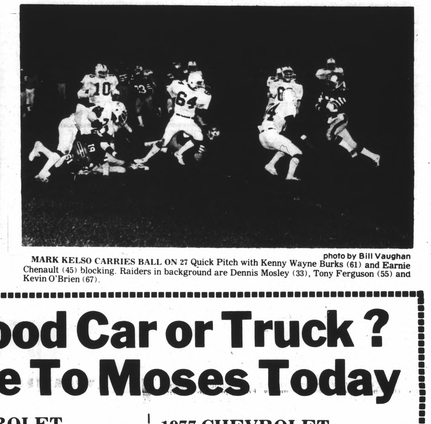

photo by Bill Vaughan

MARK KELSO CARRIES BALL ON 27 Quick Pitch with Kenny Wayne Burks (61) and Earnie Chenault (45) blocking. Raiders in background are Dennis Mosley (33), Tony Ferguson (55) and Kevin O'Brien (67).

AGEE HUNT CLUB TO MEET SATURDAY

The Agee Hunting Club will meet November 3, 1979 at 2:30 p.m. at Wilkerson's Store. All members are urged to attend this meeting.

A train that reaches speeds of 220 miles an hour will soon be tested in West Germany. The new technologies being tested are expected to demonstrate the substantial innovations that may be in store for long-distance railroad traffic.

* * *

photo by Bill Vaughan

TERRY WOODS IS TRIPPED UP by Liberty's Number 10 as other Raiders converge. Earnest Daye (81), Gus Paulette (75), Kevin O'Brien (67), Tony Ferguson (55).

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